



Mid-Florida Milers Walking News

March/April 2010

CLUB CONTACTS:

President
Gail Brooks
407.895.3586
gbrooks@canin.com

Vice President
Peter Fournier

Secretary
Rosemary Barna

Treasurer
Jim Plummer

Trailmaster
Mike Lanpher
407.695.9181
mlanpher@cfl.rr.com

Webmaven
Jackie Walchuck

Specialties
Ginny Plummer

Publicity
Letty Zook

FVA Representative
John McMahon

Newsletter
Kathy Bargar
kbargar@bellsouth.net

Past President
Jan Varnon

Mid-Florida Milers
Walking Club

midfloridamilers@
hotmail.com

P.O. Box 4575
Winter Park, FL 32793-
4575



Walking the Theme Parks

The Universal Resort Walk on February 20th brought out a diverse group of walkers including several out-of-towners. It was a glorious day starting out cool but warming up quickly. The route circled the property of Universal Studios and Islands of Adventure first then entering the Royal Pacific hotel property. The walk continued through CityWalk past all of the restaurant and shopping venues, then continuing on a beautiful shaded pathway towards Portifino Bay Resort. It was a very quiet and scenic paths except for the passing pedicabs carrying guests over to the theme park.

Thanks to our volunteers who made the walk go smoothly. Thanks to Jim Plummer for getting the route perfected and prewalking it several times. Thanks also to Rosemary Barna, Gail Brooks, Joyce and Don Bouws, Kathy Bargar, Elizabeth Aguerrevere and Alice Milmoie who helped with setup, tear down and start and finish duties.



Pre-walkers Jim Plummer, Gail Brooks and Ron Barna taking a break at Universal CityWalk

MFM Volkssporter of the Year (Part 2)

As you may recall from the last newsletter, Mid-Florida Milers chose to honor two members as our Volkssporters of the Year. Jim Plummer received his award at our annual holiday dinner. We announced that the other "mystery" recipient would be named at a later date.



Bad weather prevented our "mystery" Volkssporter of the Year from attending our New Year's Day walk. Finally, on January 16, our "mystery" walker showed up at our Longwood walk and we were able to surprise Letty Zook with our second Volkssporter of the Year Award.

As you know, Letty is our Publicity Chairman and sends out a weekly email with all of the upcoming walking club events. Most of us would be lost without her updates.

cont. page 6



Trailmaster's Report



By Mike Lanpher
 mlanpher@cfl.rr.com
 407.695.9181

The first two months have been unusual for us as the weather has kept a lot of "sunshine state" walkers inside. Both Year Round and traditional weekend events have seen many fewer walkers. Hope it warms up. The upcoming walks for March through May are listed separately in the newsletter. Join us as the weather turns in March at Harmony where we have a field walk past 2 lakes and walk Harmony streets with distances of 5, 6, and 10 km. Lunch is available at the Golf club and this interesting area should not be missed. There are rumors of a poker game being played

on the walk. Following that walk we journey to the "Italian" Venetian Gardens to start a walk in Leesburg; well worth the trip and a nice walk. In addition, in March and April we walk through the Winter Park Art Festival and the Orlando Spring Fiesta, a good way to extend the walk time and see some interesting exhibits.

We need a few volunteers for start and finish "duties" at walks; our Secretary Rosemary Barna took on the additional job of Volunteer Coordinator for January-March so help out if she calls. We also need Volunteers to be Route Monitors for our Year Round Walks. Currently five routes are monitored by those who also volunteer in other club positions/offices. Your personal assistance here is welcomed and being a monitor requires you to monthly check the walk box and provide the registration lists to Treasurer Jim Plummer.

Lastly, my congratulations to 2009 Volkssporters of the Year, Jim Plummer and Letty Zook. Jim tirelessly worked to benefit the club as Treasurer and by setting up and volunteering at almost every walk and specifically orchestrated the successful WAF XX event; his background in leading walking tours makes him a great help at all events. Letty as all know continuously publishes weekly emails telling 100's of walkers where events are from St Pete to Jacksonville; she also sends walk notices to 20+ news and Internet sites for them to publish our walk events. The Volunteer of the Year, Ginny Plummer, handled sales of club tees and other items and she assisted at almost every event.



Gail, Jim and Sharon beginning the Lake Kissimmee State Park walk.

2010 EVENTS:

All walks start between 9:00 - 10:30 am unless noted.

Date	Location
6 Mar	Harmony(southeast of St. Cloud)
13 Mar	Leesburg Venetian Gardens
20 Mar	Crosby Y and W.P. Art Festival*
3 Apr	Maitland (Walgreens)*
10 Apr	Orlando Spring Fiesta from Mark St. Senior Center
17 Apr	Seminole State College Lake Mary
1 May	Little Econ Trail

* Register 8:30 - 9:00 am and walk at 9:00
 Details are on the club's website
 (www.midfloridamilers.org) or call 407.695.9181



MFM and AVA Milestones

Event Awards:

Mark Gill 30
 Sarah Williams 75
 Lester Snyder 100
 Joan Lanpher 575
 Dave Bundy 950

Distance Awards:

Lester Snyder 1000 k
 Dave Bundy 11,000k

Walking 50 States in Record Time!



We spoke with Mr. Roger Poitras, a MFM club member since 2005 and former Vice President, about his completion of walks in 50 states in a little over 3 years.

MFM: What made you join the Milers originally?

Roger: My son Kevin found out about the AVA from his former teacher and thought it would be a good activity that we could share together. I thought it was a great idea as I was already walking daily for health reasons, weight loss, and exercise.

MFM: What was the goal you set after walking here at first?

Roger: There was no specific goal, simply the benefit gained from walking. Once I discovered the opportunity to earn awards based on events and mileage, I pursued the first set of milestones.

MFM: You completed the College PhD - what were the 2 favorite walks?

Roger: Princeton was my absolute favorite. There was so much history and it was a beautiful walk. My second favorite would be Annapolis. This walk was special due to the presence of the US Naval Academy and the rich history of the city of Annapolis.

MFM: When did you decide to Walk all the states? Why? □

Roger: I had already completed walks in eleven states when the 50

state goal was mentioned. At first 50 states seemed like an unachievable goal. However, I decided that I could do it given dedication and a lot of support from my family. My wife Ellen is an artist and she agreed to stop while traveling to her shows so that I could walk. Kevin and Tammy planned several long weekend trips of walking as well as a couple of extended walking trips. Of course, I wanted to have all 50 states actually stamped in my book, so I re-walked the eleven states I had previously walked.

MFM: Your 1st walk was in Florida - when was that?

Roger: My first walk stamped for Florida in my states book was in the early part of 2006.

MFM: Was there a walk plan you implemented to be able to do all 50 states? If so, what?

Roger: There was no well defined plan. There were considerations for the weather, although we did walk through some unexpected snow during one of our ventures. Often, we would fly out to a specific part of the country if Kevin happened to be working in that area. As we neared the end, it became an optimization challenge to determine the greatest number of states that could be walked, given the geographic region and available time.

MFM: Name your top 5 walks from those you did in other states.

Roger: In no specific order, Boise, Idaho, Wilson, North Carolina, the River Walk in San Antonio, Texas, my hometown, Salem, Massachusetts, and Waikiki Beach, Hawaii.

MFM: Relate some of the adventures you and your family had walking the 50 States.

Roger: When we were walking Devils Tower in Wyoming, we were walking on what I referred to as a "goats path" up the side of the mountain. During the walk in Salem, Massachusetts, I was able to share many childhood memories with Kevin and Tammy as well as introducing them to chop suey sandwiches during the walk. When walking the midwestern states, it seemed as though the tornadoes were chasing us, but we were fortunate that the closest was about twenty miles away. Of course, the cultural activities, including a casino in Reno, the SPAM museum in Minnesota, genealogy work in Salt Lake City, the world's largest buffalo in North Dakota, Mount Rushmore, Air Force Academy Chapel, the Alamo, and various culinary treats including lamb fries in Oklahoma City, my 50th state, added excitement to the trips.

MFM: Any other thoughts to add?

Roger: I will continue to recommend AVA and MFM specifically to friends and family. As far as walking the fifty states, the opportunities to be gained for your overall health, as well as the enrichment to your life, cannot be overstated.



MFM WALK SCHEDULE:



The Mid Florida Milers board members have voted to make the new updated logo that was used for our 20th anniversary banner and t-shirts our new club logo. We are asking club members to give us some ideas for specialty items to put this updated logo on. If you have any great ideas for new specialty items, please let one of the board members know or email Gail at gvbrooks@bellsouth.com.

EARTH DAY EVENT by the Happy Wanderers at Washington Oaks State Gardens

6400 N. Ocean Blvd.
Saturday, April 17, 2010
Start: 9 am to Noon
Finish by 3 PM

For more information contact:
The Happy Wanderers
www.happywanderersfl.org



March 2010

Date	Event Location	Start Time
Mar. 6	Harmony	9 – 10:30 a.m.
Mar. 13	Leesburg Venetian Gardens	9 – 10:30 a.m.
Mar. 20	Winter Park Crosby YMCA (WP Art Festival)	8:30 – 9:00 a.m.

April 2010

April 3	Maitland (Walgreens)	8:30 – 9:00 a.m.
April 10	Marks Street Senior Center	9:00 – 10:30 am
April 17	Seminole State College, Lake Mary	9:00 – 10:30 am
May 1	Little Econ Trail	9:00 – 10:30 am

For the specifics and directions on these walks: www.midfloridamilers.org

WALKS BY OTHER CLUBS

Date	Event Location	Club
March 2010		
Mar. 6	Quality Inn, Palatka	First Coast Trail Forgers
Mar. 7	Palm Coast Publix	Happy Wanderers
Mar. 14	Bike Week, City Island Daytona Bch.	Happy Wanderers
Mar. 21	Central Park, Ormond Beach (New YRE)	Happy Wanderers
Mar. 27	Olds Field, Oldsmar	Suncoast Sandpipers
Mar. 28	Courtyard by Marriott, Cocoa Beach	Happy Wanderers
April 2010		
April 3	Ameila Island	First Coast Trail Forgers
April 4	Palms Resort, Sanford	Happy Wanderers
April 11	Ormond Library, Ormond Historic	Happy Wanderers
April 18	Volusia Mall, Daytona Beach	Happy Wanderers

For the specifics and directions on these walks visit their websites:

www.happywanderersfl.org
www.firstcoasttrailforgerswalkingclub.org
www.home.tampabay.rr.com/sandpipers/sndpiper.html

Don't Forget our Year Round Walks!

Most active AVA Volkssport enthusiasts know there are permanent walk events in every state. What are these for? Why not just have and attend weekend events? Well there are both monetary and personal rewards for these "Year Round Events" (YRE) to be established. Clearly the walk fee benefits the clubs and MFM had about 900 walkers in 2009 at our 11 events bringing some \$1500 to the club. These events also allow us to highlight locations in the Orlando area that we believe are interesting for our members and great for visitors to Florida to see - a means to brag on Central Florida. These routes are available almost every day of the year, and there is something for everyone. When you consider there are 80 YREs in Florida, one could fill 2.5 event books just walking them once. These walks are in State Parks, cities, small towns, and along rails-to-trails routes. When you consider that Florida has about 4% of all the nations 1850 YREs, you can see the possibility of walking a previously laid out route in a new location is quite good. So the "what for" is for us when we are out of our own town and it assists local clubs to create and do walks in their communities.

So why not just weekend events? These bring about 50 walkers each weekend MFM has a walk and are more costly to accomplish. There-

fore, we have the monetary incentive to have good YREs and interesting and good weekend events. MFM does walk one YRE each month as a Group Walk so you can participate and walk together. The assessment of MFM YREs yearly for the past few years indicates a very low MFM membership turnout for these walks throughout the year. 25-50% of the walkers are normally from out of town and that is even higher at Celebration and Lake Buena Vista (which makes sense).

Look at the walks on the web page at www.midfloridamilers.org and select 3, 4, or more to do with the group monthly or on your own anytime.

Orlando North Walk
Mark Street Senior Center

Orlando Downtown Memorial Walk
Orlando Lakes Walk ORMC Hospital



Winter Park Walk
Crosby Wellness Center/YMCA



Celebration Walk & Celebration #2/
Kissimmee Walk
Starbuck's Coffee (Downtown Celebration)



Lake Buena Vista Walk
Pirate's Cove Adventure Golf



Maitland Walk
Walgreens Pharmacy West Palm



Beach Area Walks: Palm Beach, West Palm Beach, Lake Worth

These walks are supported by a Remote Registration process that is explained on the MFM web site. You complete the form, send in the

Cont. page 6

continued from page 1

She also sends walk information to numerous newspapers, tv stations and websites. Most recently, our Harmony walk was a featured event on the WFTV calendar (<http://wftv.zipscene.com/events/view/2340304-harmony-5k-10k-walk-harmony-sports>).

In addition to her MFM publicity work, Letty often serves as a greeter for new walkers. She also works part-time at the Disney Nature Conservancy and is the walk monitor for the Lake Kissimmee State Park walk.

Please thank Letty for all of her hard work for MidFlorida Milers and give her a congratulatory hug next time you see her!

Welcome New Members:

Thank you for joining our walking club and supporting our efforts to provide the best walks possible for fun and fitness.

Elizabeth Singer

Our Membership Year runs from July 1 to June 30, but we welcome members at any time.

Want to join or renew? Contact Letty Zook at Letz@earthlink.net for information.

Or, complete membership application and mail to the club or bring it to our next walk.

In Memorium Barbara Lowery

It is with deep sadness we relate the passing of former Mid Florida Milers Vice President and Historian Barbara Lowery on February 9th. Barbara passed away from pneumonia resulting from her lengthy fight with cancer. Barbara who worked as Executive Secretary at the Holyland was a true southern belle and elegant lady even when walking, on the hottest day of the year, with her friends. Barbara joined volkssporting via the Leukemia Society Team in Training, in 1994, along with her friends Nancy Horton and Iris Peterson. Her positive contributions and volunteering at numerous events continued until the onset of her cancer 6 years ago.



continued from page 5

walk fee (if a credit walker) and we will email or mail the instructions to you.

For walks elsewhere in Florida and the 49 other states use the YRE information from the AVA website (www.ava.org). The website has a map of each state and locations of events. Select FIND WALKING EVENTS and open the Interactive Map of Regular or Year Round Events and select the state you want. The state can be expanded on the left. By selecting a walk location the details of each event are available.

In future editions provide your experiences members with YRE walks in other cities. Send your info to the

editor by 20 April for the May-June edition.

Editors note: Since walking and eating go so well together, try out some of the fine eateries along the routes, before or after the walk and make the walk special:

Winter Park Walk

Farmers Market (Sat. only)

Panera Bread

Briar Patch Restaurant

Mark St. Senior Center

White Wolf Café (on 10K route)

Maitland Walk

Einstein Bagels (across from Walgreens)

First Watch (drive to before or after)

Celebration

Starbucks (at start)

Market Street Cafe

Columbia Restaurant (lunch)

Lake Buena Vista (Pirates Cove)

Sweet Tomatoes (near start)

Ghiradelli's (Chocolate & ice Cream)

Lakes & Downtown

Panera Bread at Lake Eola



New AVA Clubs

Welcome to new clubs in Washington and Pennsylvania. Volkssport USA in Oak Harbor, Washington was formed in January 2010 and the Marienstadt Wanderers from Saint Mary, Pennsylvania formed in February.

Award News

When recording distance in record books, please remember to use whole numbers. Decimals and frac-

tions of kilometers are not honored when book totals are added.

Any Volkssporters who do not wish to keep their event and distance IVV award pins and patches may donate them back to Headquarters, as long as they are in good condition. However, other club awards, foreign awards, old jackets with patches attached, and any other medal or trophy for Volkssporting cannot be accepted. Please check with local youth groups or Special Olympics as they sometimes use such awards for their events and appreciate the donation of such items.

AVA Publicity Committee

Welcome to Joan Lampart, who will assume duties as the Chair of AVA's Publicity Committee. Among Joan's duties is the biennial publicity contest for photos, brochures, event publicity and community projects done by AVA clubs. If you are interested in helping Joan, please contact her. AVA committee information is at the AVA website at <http://www.ava.org/membership/avacom.htm>.



MID-FLORIDA MILERS MEMBERSHIP APPLICATION

Send application & check to:

Mid-Florida Milers, P.O. Box 4575, Winter Park, FL 32793-4575

SINGLE MEMBER: \$8.00 _____ FAMILY MEMBERSHIP: \$13.00 _____

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIPCODE _____

HOME PHONE _____ WORK PHONE _____

EMAIL (for E-News) _____

BIRTHDATE(Year not necessary) _____

SPOUSE'S NAME _____ CHILDREN _____

I WANT TO:

_____ Help out on walks _____ Help with trails _____ Help with food

_____ Help make phone calls _____ Help, just give me a call

Membership is annual from July 1 through June 30.

Email Letty Zook with membership questions. letz@earthlink.net

DATE _____ SIGNATURE _____